

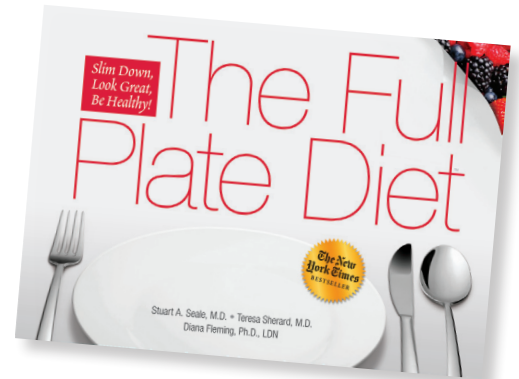
Are You Eating Enough To Lose Weight?

Strange as it sounds, most of us aren't.

We're starting a new weight loss program created by the doctors who wrote *The Full Plate Diet*. It's a group program that we think you'll find quite different and refreshing.

The Full Plate Diet Weight Loss Program will:

- Give you a simple eating plan you can enjoy as part of your everyday life
- Free you to eat more food while cutting the calories in half
- Show you how to rev up your weight loss and lose weight twice as fast
- Empower you to escape the yo-yo dieting trap
- Help you discover the 10 weight loss tools successful losers use



New York Times Bestseller

*If you've been thinking about losing weight,
you're invited to join us!*

We'll meet for eight 1-hour sessions beginning

Pre-registration is required by

Date: _____

Date: _____

Time: _____

For more information or to pre-register, contact me at

Location: _____

My phone #: _____

My email: _____

Fee (includes participant kit): \$ _____

My name: _____